

## Code 104 - Roast Chicken Dinner

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **5 minutes**.
  - Gently shake pack and heat on FULL POWER for a further **4½ minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **4 minutes**.
  - Gently shake pack and heat on FULL POWER for a further **4 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary), stirring occasionally.
- Remove film lid and serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## Code 105 - Roast Turkey Dinner

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **5 minutes**.
  - Gently shake pack and heat on FULL POWER for a further **5 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **4½ minutes**.
  - Gently shake pack and heat on FULL POWER for a further **4 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary), stirring occasionally.
- Remove film lid, gently stir and serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## Code 119 - Chicken with Leek & Bacon

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **5 minutes**.
  - Peel back film lid, gently stir then re-cover and heat on FULL POWER for **5 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **5 minutes**.
  - Peel back film lid, gently stir then re-cover and heat on FULL POWER for **4 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary), stirring occasionally.
- Remove film lid, gently stir and serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## Code 120 - Chicken in Tomato & Basil Sauce

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **5½ minutes**.
  - Peel back film lid, gently stir then re-cover, then heat on FULL POWER for a further **4 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **4½ minutes**.
  - Peel back film lid, gently stir then re-cover, then heat on FULL POWER for a further **4 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary), stirring occasionally.
- Remove film lid and serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## Code 123 - Mediterranean Chicken

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **5 minutes**.
  - Peel back film lid, gently stir then re-cover, then heat on FULL POWER for a further **5 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **5 minutes**.
  - Peel back film lid, gently stir then re-cover, then heat on FULL POWER for a further **4 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary), stirring occasionally.
- Remove film lid and serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## Code 124 - Chicken in Mushroom Sauce

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **7 minutes**.
  - Peel back film lid, gently stir then re-cover and heat on FULL POWER for a further **7 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **6 minutes**.
  - Peel back film lid, gently stir then re-cover and heat on FULL POWER for a further **6 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary).
- Remove film lid and serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## Code 125 - Chicken with Honey & Ginger Sauce

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking Instructions

- 700 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **7 minutes**.
  - Gently shake the pack and then heat on FULL POWER for a further **6 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **5½ minutes**.
  - Gently shake the pack and then heat on FULL POWER for a further **5 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary).
- Remove film lid and serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## Code 130 - Chicken & Broccoli in Stilton Sauce

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **5 minutes**.
  - Gently shake the pack then heat on FULL POWER for a further **5 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **5 minutes**.
  - Gently shake the pack then heat on FULL POWER for a further **4 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary), stirring occasionally.
- Remove film lid, gently stir and serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## Code 131 - Chicken & Mushroom in White Wine

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **5 minutes**.
  - Peel back film lid of sauce compartment only, gently stir then re-cover and heat on FULL POWER for **5 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **5 minutes**.
  - Peel back film lid of sauce compartment only, gently stir then re-cover and heat on FULL POWER for **4 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary), stirring occasionally.
- Remove film lid, gently stir and serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## Code 134 - Chicken & Mushroom with Puff Pastry

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **5½ minutes**.
  - Gently shake pack and heat on FULL POWER for a further **5 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **5 minutes**.
  - Gently shake pack and heat on FULL POWER for a further **4½ minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary).
- Remove film lid and serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## Code 142 - Coq Au Vin

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **5 minutes**.
  - Peel back film lid, gently stir then re-cover and heat on FULL POWER for **5 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **5 minutes**.
  - Peel back film lid, gently stir then re-cover and heat on FULL POWER for **4 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary), stirring occasionally.
- Remove film lid and serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

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## Code 148 - Chicken & Bacon Casserole with Dumplings

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **6 minutes**.
  - Peel back film lid, gently stir then re-cover and heat on FULL POWER for a further **6 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

- 800 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **5 minutes**.
  - Peel back film lid, gently stir then re-cover and heat on FULL POWER for a further **5 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **40-45 minutes** (fan ovens may vary).
- Remove film lid and serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## Code 230 - Chicken Supreme & Rice

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **5 minutes**.
  - Peel back film lid of sauce compartment only, gently stir then re-cover and heat on FULL POWER for **5 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **5 minutes**.
  - Peel back film lid of sauce compartment only, gently stir then re-cover and heat on FULL POWER for **4 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary), stirring occasionally.
- Remove film lid, gently stir and serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## Code 231 - Chicken Tikka Masala & Rice

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **5 minutes**.
  - Peel back film lid of sauce compartment only, gently stir then re-cover and heat on FULL POWER for **5½ minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **5 minutes**.
  - Peel back film lid of sauce compartment only, gently stir then re-cover and heat on FULL POWER for **4½ minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary), stirring occasionally.
- Remove film lid, gently stir and serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## Code 232 - Chicken Korma & Rice

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **5 minutes**.
  - Peel back film lid of sauce compartment only, gently stir then re-cover and heat on FULL POWER for **5 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **5 minutes**.
  - Peel back film lid of sauce compartment only, gently stir then re-cover and heat on FULL POWER for **4 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary), stirring occasionally.
- Remove film lid, gently stir and serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## Code 233 - Sweet & Sour Chicken with Rice

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **5 minutes**.
  - Peel back film lid of sauce compartment only, gently stir then re-cover and heat on FULL POWER for **5 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **5 minutes**.
  - Peel back film lid of sauce compartment only, gently stir then re-cover and heat on FULL POWER for **4 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary), stirring occasionally.
- Remove film lid, gently stir and serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## Code 237 - Chicken Breast Platter

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **7½ minutes**.
  - Gently shake the pack and then heat on FULL POWER for a further **7 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **6½ minutes**.
  - Gently shake the pack and then heat on FULL POWER for a further **6 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary).
- Remove film lid and serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## Code 267 - Chicken Curry & Rice

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **5 minutes** .
  - Peel back film lid of sauce compartment only, gently stir then re-cover and heat on FULL POWER for **5 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **5 minutes**.
  - Peel back film lid of sauce compartment only, gently stir then re-cover and heat on FULL POWER for **4 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary), stirring occasionally.
- Remove film lid, gently stir and serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## Code 284 - Chicken Breast Wrapped in Bacon

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **6 minutes**.
  - Peel back film lid, gently stir then re-cover and heat on FULL POWER for **6 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **5 minutes**.
  - Peel back film lid, gently stir then re-cover and heat on FULL POWER for **5 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **30-35 minutes** (fan ovens may vary), stirring occasionally.
- Remove film lid and serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## Code 297 - Chicken & Thyme Risotto

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **5 minutes**.
  - Peel back film lid, gently stir then re-cover and heat on FULL POWER for **4 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **4 minutes**.
  - Peel back film lid, gently stir then re-cover and heat on FULL POWER for **4 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary), stirring occasionally.
- Remove film lid, gently stir and serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## Code 299 - Chicken Casserole with Herby Mash

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **6 minutes**.
  - Peel back film lid, gently stir then re-cover and heat on FULL POWER for **5 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **5 minutes**.
  - Peel back film lid, gently stir then re-cover and heat on FULL POWER for **5 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary), stirring occasionally.
- Remove film lid, gently stir and serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## Code 302 - Roast Chicken & Chips

For best results cook in the OVEN from frozen.  
Appliances may vary, the following is a guide only.

**NOT SUITABLE FOR MICROWAVE COOKING**

### OVEN

### Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6.**
- Remove lid from foil, place the foil onto a baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary)
- Remove foil from oven and serve.



**Please ensure this meal is piping hot throughout before serving.  
Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## Code 349 - Chicken in Creamy Madeira Sauce

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **6 minutes**.
  - Gently shake pack and heat on FULL POWER for a further **6 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

- 800 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **6 minutes**.
  - Gently shake pack and heat on FULL POWER for a further **5 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **40-45 minutes** (fan ovens may vary), stirring occasionally.
- Remove film lid and serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## Code 350 - Chicken with Cheese & Bacon

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **6 minutes**.
  - Gently shake pack and heat on FULL POWER for a further **6 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

- 800 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **6 minutes**.
  - Gently shake pack and heat on FULL POWER for a further **5 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **40-45 minutes** (fan ovens may vary), stirring occasionally.
- Remove film lid and serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## Code 351 - Hong Kong Chicken

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **6 minutes**.
  - Gently shake pack and heat on FULL POWER for a further **6 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

- 800 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **6 minutes**.
  - Gently shake pack and heat on FULL POWER for a further **5 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **40-45 minutes** (fan ovens may vary), stirring occasionally.
- Remove film lid and serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## Code 352 - Hunters Chicken

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **6 minutes**.
  - Gently shake pack and heat on FULL POWER for a further **6 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

- 800 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **6 minutes**.
  - Gently shake pack and heat on FULL POWER for a further **5 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **40-45 minutes** (fan ovens may vary), stirring occasionally.
- Remove film lid and serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## Code 353 - Red Thai Chicken

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **6 minutes**.
  - Gently shake pack and heat on FULL POWER for a further **6 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

- 800 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **6 minutes**.
  - Gently shake pack and heat on FULL POWER for a further **5 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **40-45 minutes** (fan ovens may vary), stirring occasionally
- Remove film lid and serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## Code 354 - Fragrant Chicken Curry

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **6 minutes**.
  - Gently shake pack and heat on FULL POWER for a further **6 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

- 800 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **6 minutes**.
  - Gently shake pack and heat on FULL POWER for a further **5 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **40-45 minutes** (fan ovens may vary), stirring occasionally.
- Remove film lid and serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## Code 387 - Chicken with Stir-Fried Vegetables

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **5 minutes**.
  - Peel back film lid, gently stir then re-cover and heat on FULL POWER for **4½ minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **4½ minutes**.
  - Peel back film lid, gently stir then re-cover and heat on FULL POWER for **4 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary), stirring occasionally.
- Remove film lid, gently stir and serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## Code 388 - Duck Breast in Orange Sauce

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **7 minutes**.
  - Gently shake pack and heat on FULL POWER for a further **7 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **5 minutes**.
  - Gently shake pack and heat on FULL POWER for a further **5 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **40-45 minutes** (fan ovens may vary), stirring occasionally.
- Remove film lid and serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## Code 390 - Chicken in Pancetta & Wild Mushroom Sauce

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **7 minutes**.
  - Peel back film lid, gently stir then re-cover and heat on FULL POWER for a further **7 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **6 minutes**.
  - Peel back film lid, gently stir then re-cover and heat on FULL POWER for a further **6 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary), stirring occasionally.
- Remove film lid, gently stir and serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## Code 448 - Chicken & Bacon in Sweet Onion Sauce

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### **MICROWAVE** Cooking Instructions

- 700 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **5 minutes**.
  - Gently shake pack and heat on FULL POWER for a further **5 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **4 minutes**.
  - Gently shake pack and heat on FULL POWER for a further **4 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### **OVEN** Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **30-35 minutes** (fan ovens may vary).
- Remove film lid and serve.



**Please ensure this meal is piping hot throughout before serving. Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## Code 449 - Honey & Ginger Chicken

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### **MICROWAVE** Cooking Instructions

- 700 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **5 minutes**.
  - Gently shake the pack and then heat on FULL POWER for a further **5 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **4 minutes**.
  - Gently shake the pack and then heat on FULL POWER for a further **4 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### **OVEN** Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **30-35 minutes** (fan ovens may vary).
- Remove film lid and serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## Code 450 - Diced Chicken in Mushroom Sauce

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking Instructions

- 700 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **5 minutes**.
  - Gently shake pack and heat on FULL POWER for a further **5 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **4 minutes**.
  - Gently shake pack and heat on FULL POWER for a further **4 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **30-35 minutes** (fan ovens may vary).
- Remove film lid and serve.



**Please ensure this meal is piping hot throughout before serving. Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## Code 451 - Sliced Chicken in Gravy

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### **MICROWAVE** Cooking Instructions

- 700 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **6 minutes**.
  - Gently shake pack and heat on FULL POWER for a further **5 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **5 minutes**.
  - Gently shake pack and heat on FULL POWER for a further **4 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### **OVEN** Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **30-35 minutes** (fan ovens may vary).
- Remove film lid and serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## Code 452 - Sliced Turkey in Gravy

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking Instructions

- 700 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **6 minutes**.
  - Gently shake pack and heat on FULL POWER for a further **5 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **5 minutes**.
  - Gently shake pack and heat on FULL POWER for a further **4 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **30-35 minutes** (fan ovens may vary).
- Remove film lid and serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## Code **900** - **Turkey Platter**

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### **MICROWAVE** Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
  - Heat on **FULL POWER** for **6 minutes**.
  - Gently shake pack and heat on **FULL POWER** for a further **6 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
  - Heat on **FULL POWER** for **5 minutes**.
  - Gently shake pack and heat on **FULL POWER** for a further **5 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### **OVEN** Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary), stirring occasionally.
- Remove film lid and serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.